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Bangalore Mirror

TEMP Max 28 | Min 17 | Humidity 65% Clear with periodic clouds Sensex 59,500 | Nifty 17,648 | Gold 56,888 | Silver 68,676 | Dollar 81.52 | Euro 88.78 | GBP 100.91

According to National Crime Records Bureau data, Bengaluru recorded 70 cases of stalking incidents in 2021

STALKING HEADS

30% increase in crimes against women in city

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The city is not unfamiliar to crimes against women like eve teasing, stalking and harassment. Every other day cases of young women being stalked on the road or online come to light.

In a recent report, Bengaluru city police confirmed that there has been a 30% increase in crime against women in the city in 2022. Furthermore, according to National Crime Records Bureau (NCRB) data, Bengaluru recorded 70 cases of stalking incidents in 2021.

Mehek*, a 15-year-old school student, filed a complaint in Indiranagar police station and a case was registered recently. "We met near my school and talked for a bit. But later I didn't want to talk to him; so, I told him that we should stop talking.

CONTINUED ON PAGE 6

"If someone's stalking you, please dial 112; the police will reach the spot in 10-15 minutes... – Police source

Lake lessons

Inspiration for salvaging dying lakes from brink

PAGE 2

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3 THINGS TO DO

01 Saree specials

A legacy brand for over 79 years, Queen of Sarees – Kankatala, brings the Handwoven Sarees of India Exhibition & Sale exclusively as two unique exhibitions in Bengaluru. The brand will showcase the masterpiece sarees in various one-of-a-kind weaves, like Kanchipuram, Banarasi, Paithani, Organza, Patola, Jamdani, Kota, and many more handwoven weaves handpicked by Kankatala family from across 50 weaving clusters of India specially for Saree connoisseurs of Bengaluru!

Where: Raintree, Sankey Road
When: Jan 30 – Feb 1, 10am – 7pm

02 Dance, dance, dance

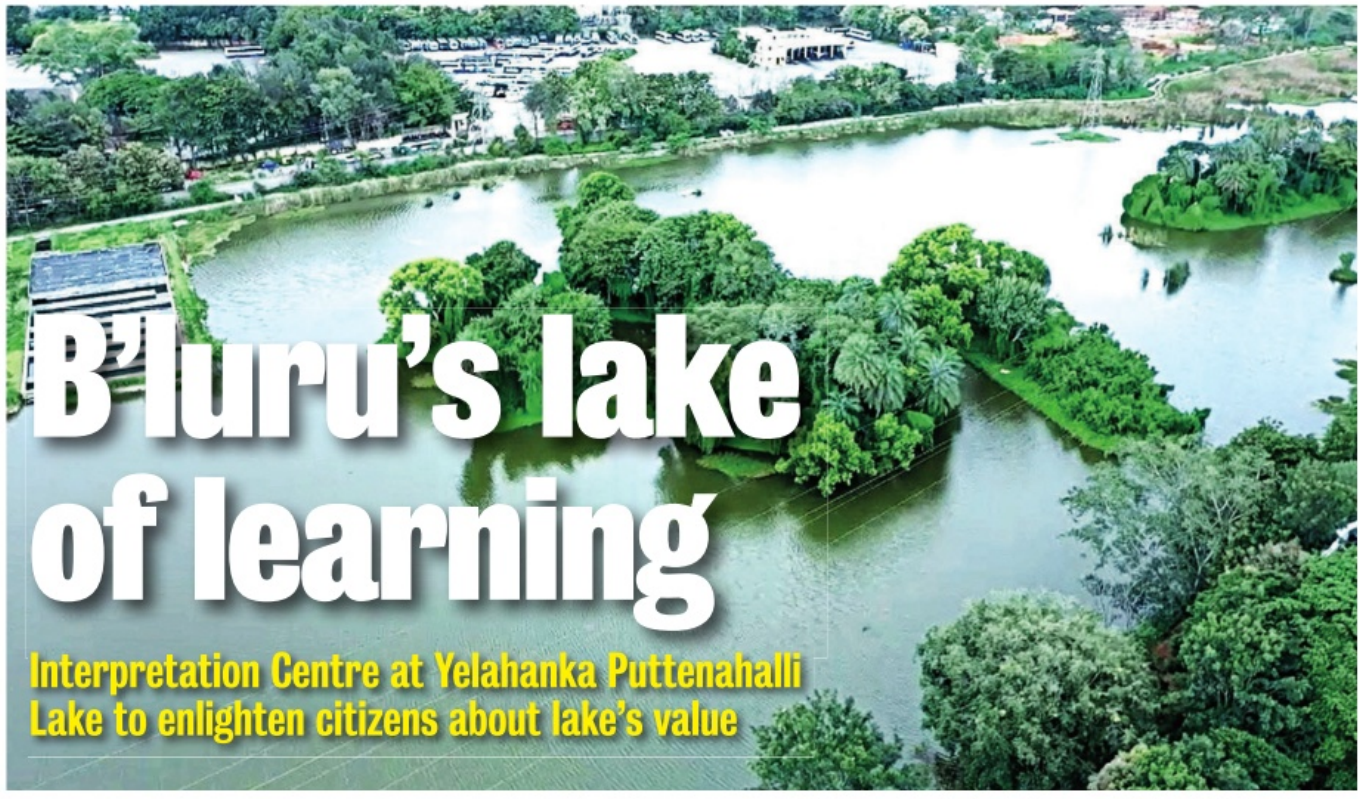
Attakkalari Centre for Movement Arts presents "BODY MATTERS: Move to Transform", a month-long Arts in Education Festival supported by the Department of Tourism, Government of Karnataka. This the first festival of its kind in India that celebrates the important roles dance and movement arts are increasingly playing in the fast-developing innovative education scene in India. Along with artists from India, this month-long festival will feature artists and organisations from Germany, Italy, Spain, South Korea, Canada and Japan.

Where: multiple venues
When: Feb 1 – Feb 23
Info and passes: 9663590692 (WhatsApp)

03 Write out loud

Lahe Lahe brings to you an evening of baring your soul on paper. Every Tuesday, participate in a heart-plucking session of poetry, and good company. Come, share your poetry in a circle and unwind.

Where: Lahe Lahe, Indiranagar
When: Jan 31, 7.30–9.30 pm
Contact: 9886294444



B'luru's lake of learning

Interpretation Centre at Yelahanka Puttenahalli Lake to enlighten citizens about lake's value

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In 2015, the Yelahanka Puttenahalli Lake, spread across 34 acres, was declared as a bird conservation reserve. Since then, the lake also serves an example for many other lakes slowly dying.

For many years, the lake had a problem of sewage inflow and with the intervention of the forest department, local citizens, experts from Indian Institute of Science (IISc) and ornithologists, it has regained its beauty through proper designing and techniques.

Now, the members from Yelahanka Puttenahalli Lake & Bird Conservation Trust (YPLBCT) want to build an interpretation centre. The interpretation centre constructed will help in educating the people about nature and importance of the lake. The team was following up with the Karnataka Forest Department and elected representative for over three years. However, at the recent kere habba held, MLA SR Vishwanath assured them of having one interpretation centre.

> **"The centre will help the public understand importance of lakes**
> - Dr KS Sangunni, Chairperson of YPLBCT, and retired professor, Department of Physics in IISc

Dr KS Sangunni, Chairperson of YPLBCT, and retired professor, Department of Physics in IISc said, "Having the interpretation centre will benefit students, naturalists, and public to understand the importance of the lake. The MLA informed us that he will sanction Rs 30 lakh for the centre. The centre will be made outside the lake. Many school and college-going students will be invited to learn about the development of the lakes.The children will be a questionnaire and they will be asked to observe the lake and come back with answers, after which we will start explaining to them."

APCCF Kumar Pushkar from Karnataka Forest Department pointed out the department has spent Rs10 crore in developing this lake so far and assured to help in completion of the interpretation centre. He also made an appeal to the citizens and neighbourhood residents to take more interest in the protection of the lake for education purpose.

This is the only lake which does not have flow of sewage water inside the lake through passive treatment of water. "Each lake needs to have a specific design based on the population. A passive sewage treatment plant of 1MLD was constructed at the corner of the lake. It will take only 1 MLD of sewage and treat it naturally. There is balancing weir which helps in controlling the water intake. The STP will only take the water if the level of water in the lake is low. It will treat the water and the allow it to flow in the deep end. This apart, there is a diversion drain which will prevent the sewage from the entering the lake," said Prof H N Chanakya, from IISc's Centre for Sustainable Technologies who worked on the design of the STP.

Over 136 species of birds have been observed in the YPLBCT lake. The biodiversity of the lake is enriched through flora fauna, different species of grown trees, insects and birds founds.

There are even islands created for creating birds' habitat and a gazebo for the walkers or bird-watchers and can be used by photographers to take pictures.

Idea: Let's make travelling by bus cool

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To promote the use of public buses among college students and invite ideas and suggestions to transform the image of buses in Bengaluru, an inter-college competition called 'The Bus4us BuzzFest' is being organised at Ramaiah Institute Of Management.

At the launch event on Monday, mobility experts and students, in presence of the Special Commissioner of Traffic, MA Saleem, came together to garner support for better bus transport in Bengaluru

The competition is being organized as a part of the Bus4us campaign by The UrbanWorks Institute which promotes the use of buses in the city.

"As the city continues to grow and evolve, it is clear that the BMTC bus service is a sustainable and effective solution to the issue of traffic congestion. A focused bus mission towards improving bus services and transforming the image of buses is the need of the hour. It requires support from key decision-makers." said Shreya Gadepalli, Founder, of The UrbanWorks Institute.

"It's a great opportunity for students to understand sustainable urban mobility and bring their fresh ideas to suggest potential solutions," added Shreya.

The Centre for Sustainability at Ramaiah Institute of Management has collaborated with non-profit organisation The UrbanWorks to carry out this

competition.

Dr Meghna Verma, Head, the Centre for Sustainability, Ramaiah Institute of Management, said, "At the Centre for Sustainability, we believe that students and educational institutions play a significant role in implementing sustainable solutions that can make cities more liveable. We are inviting many more college students to join us in our endeavour to encourage more and more people to use buses and make Bengaluru India's bus capital."

Bus4us BuzzFest will be featuring a range of contests, including a photography contest, poster-making competition, and social media competitions like reel creation. Any student studying in Bengaluru is eligible to participate in the competition, and they stand a chance to win Rs 25,000/- prize money in each category. All submissions for the competition have to be made before February 12, 2023.

With the rising problem of traffic congestion and air pollution, many mobility experts and activists in Bengaluru have been trying to promote the use of inter-city buses and other public transport modes in the city.

Bank manager held for swindling over ₹4 cr of customers' money

Police have arrested a relationship manager of IDBI bank in Bengaluru in connection with transferring Rs 4.92 crore illegally to various accounts, police said on Monday.

According to police, 34-year-old Sajila, a relationship manager attached to IDBI bank, Mission Road branch in Bengaluru, is the arrested person.

The police have recovered LIC bonds worth Rs 23 lakh and the computer used to commit the crime. The accused has been taken into police custody for further investigation.

Sajila, from Tamil Nadu, worked between June 2022 and December in the Mission Road Branch during which she had illegally transferred money to various bank accounts from customers' accounts.

This has been done without the knowledge of customers. Sajila had managed to prevent the withdrawal messages to the customers. The accused manager had targeted rich clients' accounts.

The accused had transferred Rs 4.92 crore on December 23, 2022. The money was invested in the LIC bonds. IDBI Bank Deputy Manager Sangameshwara, after noticing the fraud, has lodged a police complaint in this regard with the Sampangiramanagara police station here.

Following the complaint, the police cracked the case and arrested the accused manager. The cases are lodged for breach of trust and cheating.

Police explained that accused Sajila while working at Gandhinagar Branch in Bengaluru earlier had allegedly transferred Rs 2.90 crore from customers' accounts to her account. She had invested the money in LIC bonds. The case was lodged against her in Upparpet police station in Bengaluru.

Denied money for booze, man stabs wife

A man stabbed his wife with a knife, allegedly because she did not pay for alcohol in Jakkur on Saturday.

The victim has been identified as Jayashree, 33, and the accused is her husband Nagaraja, 45. The duo got married 15 years ago and have settled in Bengaluru for work. The couple has two children. It is said that Nagaraj, who had brought his wife and children to Bengaluru, started becoming an alcoholic and was without a job. Jayashree, who was responsible for taking care of the children, used to wash the dishes and clothes in the house and worked as a house help. She supported the family with the little money she earned.

CRIME FILES

According to the police, Nagaraj used to repeatedly force his wife to pay him for his alcohol. On Saturday, there was a fight between the two over the same issue during which the man tried to kill her by stabbing her. The couple's neighbours later admitted the injured Jayashree to a hospital. A case has been registered in Amruthahalli police station and the accused has been arrested.

Bike thieves held

Devanahalli Police have arrested two persons, accused of stealing bikes and recovered six two-wheelers from them. The accused have been identified as Arun Kumar and Shridara.

There were multiple cases of bike theft against the accused in different police stations, of these two were from Devanahalli Police Station, one each from Vidyaranyapura, Yelahanka, Attibele and Hosur police station in Tamil Nadu. Arun Kumar is a wanted criminal for 11 different cases of murder, dacoity and attempt to commit dacoity and theft of bikes.

Auto driver who fled with customer's bag arrested

An auto driver who absconded with a customer's bag containing Rs 1.5 lakh has been arrested and the police have recovered the cash from him.

A complaint was filed by the victim at the Malleswaram Police Station that on January 24, around 4 pm, he had taken an auto from Gandhi Bazaar to Vijaya Homeopathy Hospital at Margosa Road for his ear treatment.

He had told the auto driver to wait for 20 minutes. He kept his bag in the back seat and the auto driver said he would take care of it. Then he went for treatment and came back to see that the auto driver had left. A case of fraud and theft has been registered in the Malleswaram police station.

The investigating officer checked the footage of the CCTV cameras located at places near where the crime took place, gathered information about the accused and arrested him.

BMB & Agencies

In a hurry or distracted?

Cyclist is scapegoat

Accident points to tendency of motorists to disregard right of cyclist to use city's roads

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Yet another accident involving a cyclist in the city, has created much furore at the lack of safety on city's roads.

Abhijit Pani was cycling on to a flyover when the accident took place on Old Madras Road. "I was going towards Kolar. There is a coffee shop on the way and a flyover. I was slowly climbing it. It was around 9.30am and the road was empty. There was no vehicle but I was sticking to the left side of the road. This is when a person riding a bike came and hit me from behind. The road that I was on is very wide so there was no way he could have not avoided me. However, he was probably distracted by something. Because of the impact, I was thrown from my cycle and I suffered from severe back injury," he told BM.

He added that the biker did not just ride off, but rather he helped him by taking him to the hospital as well has paying the bill. "At least he did not leave me there. But it is extremely dangerous for cyclists to ride on these roads alone especially on highway roads because these days there are lot of distractions to riders," added Abhijit.

Other cyclists also expressed their worries related to cycling in the city. Rajiv Janardhan, a cyclist, said he was involved in two accidents in the last year on Old Madras Road. He said, "The first accident was in March when a bike coming at top speed crashed into my cycle head on. It was a severe accident and I had to get an x-ray and had to wear a splint in my right hand for three days. The second accident took place in July at the airport stretch where a biker hit me from the back. Cycling is not safe anywhere. Cycling on the inner roads is more dangerous as in case of emergencies there is no one to reach out to. On highways, there is the risk of bikers crashing onto the cyclists."

Govind Ashok, another cyclist, said, bikers tend to ride very fast. "Moreover, when they are on the road, they do not give space to the cyclist making it difficult for us to ride. Places like Airport Road and Old Madras Road are not safe for the cyclists at all because of this reason. These vehicles also keep on honking when a cyclist is in front of them which makes riding even more difficult. There should be some action to make the city safe for the cyclists," he said.

Sankey road project plan: Too hastily chalked out?

BMLTA seeks report from BBMP on Sankey flyover project, residents continue to oppose plan

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BBMP plans to widen Sankey Road as well as construct a grade separator

The Sankey Road widening and flyover project that has stirred a debate among the greens and the civic agencies has now come under the lens of Bengaluru Metropolitan Land Transport Authority (BMLTA), which has sought a detailed report from the Bruhat Bengaluru Mahanagara Palike (BBMP) as to why is it going ahead with the project despite objections from a section of people. However, BBMP officials say that they are going ahead with their plan and will submit a detailed response.

Confirming the BMLTA notice, BBMP Chief Commissioner Tushar Giri Nath said, "It is true that we have been asked for a response from BMTLA and we are in the process of submitting details. Let me clarify that the BBMP's stand is that we need to widen the road as well as construct a grade separator. Hence, we are going ahead with the project. Earlier, we had got approval from the court for the widening of the road."

The new component added was the grade separator. There has been opposition for the road widening and grade separator but both the projects have to be done together, he added.

BBMP plans to construct a 560 metre long and 17 metre wide flyover at the Bashyam Circle junction at a cost of Rs 60 crore to make the junction a signal free corridor. Currently, the traffic pile up at Sankey Road is such that during peak hours, there will be a line of traffic almost till 18th cross, Malleswaram.

However, the green activists are opposing the project stating that trees are an integral part of the area as there is a Sankey forest division nearby. Many of the trees that have been chopped off were rain trees, which form an umbrella species that can sustain entire microhabitats within their canopies. The area will never recover from this ecological loss as it is one of the last remaining green spaces in the city, which is soon set to turn into a barren and dusty road.

> **Bengaluru has seen many bad projects in the past and this time we don't want one in our neighbourhood. The sad part is that the damage is irreversible**
> –Kinsuka Iyer, marketing professional

Recently, the Bengaluru Nava Nirmana Party had written to BMLTA CEO alleging that BBMP had floated the tender to widen the Sankey Tank Road along with a flyover and had not published any Detailed Project Report (DPR) for the project.

"The BBMP had not consulted the public in option identification, option evaluation or in the preparation of the hastily prepared DPR on this major urban transport project. We see a serious flaw in the approach," said BNP in its petition to BMLTA.

"The project is unwarranted and does not even meet the minimum criteria of sustainability as it is well known that providing more vehicular capacity on our urban roads is counterproductive. Section 19 of the BMLTA Act requires proposed major urban transport projects to obtain BMLTA's approval," it added.

Residents' official meet today

Meanwhile, residents have called up for a meeting with the BBMP officials to discuss the issue on Tuesday.

Kinsuka Iyer, marketing professional told Bangalore Mirror that flyover is not a solution as it will transport the traffic from one bottleneck to another.

"We feel that even the wide footpaths will be removed and it will be difficult to walk around. Bengaluru has seen many bad infrastructure projects in the past and this time we don't want one in our neighbourhood. However, the sad part is that the damage is irreversible," she said.

"As we have got a detailed project report with us, we will discuss threadbare with the BBMP officials on Tuesday to chalk out what best we can do to save our trees and the neighbourhood," she added.

Desilt this storm water drain right now

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Water in a stormwater drain near Manyata Tech Park has turned a caustic green due to the filth

The residents staying in Nagawara say that the storm water drain (SWD) next to Manyata Tech Park has not been desilted for a long time and now it is causing bad stench all over the place. The residents fear that the unhygienic conditions will lead to various diseases.

According to them, the SWD is already filled and if it is not desilted soon, the dirty water will start overflowing.

Prathamesh Wadhkar, a resident of the area, said, "The SWD is filled with dirty water and it has been in this condition for quite a long time. The smell coming from the place is unbearable. The water is obviously filthy and should be cleaned before any health hazard takes place in the locality."

Vishal Sahoo, another resident told Bangalore Mirror that the authorities should regularly carry out desilting of the SWDs to prevent them from overflowing and causing bad smell.

"We have a lot of children as well as old age people staying here who can easily get affected because of the disease-causing bacteria that might be present in this dirty water. Moreover, if the drain is not cleaned regularly then it will end up being clogged, which will further cause more problems to the people living here," he said.

Other residents pointed out that the area surrounding the SWD is trashed by the people.

Sangeetha S, another resident, said, "People passing by the area often throw garbage or dump their trash. The bad smell and dirt are making them think that this is one of the places where they can dump their garbage. The only way to stop this is to desilt the SWD and clean it."

Many residents added that they have been suffering with allergies and it becomes difficult for them to keep their windows open.

"The smell and dirt trigger my allergy. There have been times when I have kept sneezing and had to take medicine to stop it," said Mallikarjun J, another resident.

"The filth will also attract rodents which will also end up spreading deadly diseases. Something should be done soon to prevent any of this from happening," said Akhilesh Anand, another resident.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Untidy corner

Sampangi Rama Nagar

This corner on 6th Cross, 1st Main Road in Sampangi Rama Nagar is being used as a storage place by BCC cleaning contractors. They dump the materials here, which is causing a lot of inconveniences. Kindly help us.

Spare the skywalk

Lakkasandra

Skywalk in Lakkasandra has been dirty for the past three days. People use this place as a toilet. Authorities should do something about it.

Wrongly dumped

K Channasandra

Construction debris dumped on Green Garden Road in K Channasandra is obstructing the movements of vehicles.

Helping domestic workers avail of basic rights

More than 200 domestic workers recently took part in a domestic worker benefit camp organised recently by Bengaluru Apartment Federation (BAF) in collaboration with Stree Jagriti Samiti, a city-based NGO and Domestic Workers' Rights Union, to help the workers avail of all benefits provided by the government.

Domestic workers at the camp were guided to register for Ambedkar Karmika Sahaya Hastha Scheme, e-Shram registration for migrant workers, and a Sampatti card registration.

According to Geetha Menon, joint secretary, Domestic Workers' Rights Union, domestic workers, many of them part-time and migrants, have been fighting a long battle to gain visibility, but without any results. While the Ambedkar Karmika Sahaya Hastha Scheme was launched three years back, the majority of them have not been able to register themselves due to the cumbersome process.

"Under the scheme, domestic workers can get smart cards that can be used as identity cards. However, the majority of them have not been able to register. Due to this, many did not receive the covid compensation of Rs 2,000. The amount was transferred into the accounts of those with smart cards as their names were already in the system. The camp helped the workers with the registration process of the scheme," said Menon.

More than a hundred domestic workers were also registered under e-Shram yojna.

"Many domestic workers have been left out of these schemes due to systemic challenges, and the long list of documents needed to avail of these facilities, especially migrants, who land in the cities for their livelihood. We have tried to ensure that they get their basic survival rights," said Menon.

The camp is helping workers avail of cards which would serve as salary proof among other facilities

Workers also interacted with the Stree Jagriti team to understand various other schemes. One of the schemes for domestic workers, Sampatti Card, was introduced by a Bengaluru-based private financial wellness company.

The card enables the workers in generating their salary slips (in collaboration with their employers) to help them have a credit score for loans and insurance.

"We also introduced them to the concept of the Sampatti card and discussed the problem of not having any salary proof. Most employers today pay salaries to domestic workers online and there is no acknowledgment of wage slip. Under the Sampatti card scheme, the employer can pay the salary through a QR code, which will generate a document on the employer's WhatsApp that can be used as a wage slip by the worker. Some private banks are recognising the slip," informed Menon. —BMB

Save strays from canine distemper virus, please

Animal welfare activists want Animal Birth Control to have dedicated facility for treating infected streeties

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Canine Distemper Virus is very contagious and streeties are more at risk of contracting it

Animal welfare volunteers who work closely with the Animal Birth Control centres in the BBMP's eight zones say that cases of canine distemper virus (CDV) have increased in dogs.

The CDV is the effect of a viral disease and impacts a dog's respiratory, central nervous system and gastrointestinal system.

Animal lovers working closely with the ABC centres have seen over five out of every 30-40 dogs being infected with CDV. As the infection is contagious and can spread to other dogs, they want a centralised CDV treatment centre for dogs.

The initial symptoms of CDV are fever, diarrhoea, coughing, vomiting, seizures, thickening of eyes and can even lead to paralysis in some cases. Usually, pet dogs are the lucky ones, as the pet parents who live closely with the dog tend to identify at initial stages if the dog is facing a problem. But it goes unnoticed for stray dogs.

The ABC team often pick up streeties for surgeries, only for the dog to later show signs of CDV. Not only the dog infected by it is at a risk, but even other dogs can contract it easily after which, the entire centre needs to be fumigated to prevent further outbreak of CDV cases.

Even as the cases of CDV continue to rise, it is not known if BBMP has been following up with fumigation process.

"There are eight zones and eight ABC centres in BBMP limits. The ABC centres have three ABC partners. Among them, CARE has a dedicated rehabilitate facility for CDV cases especially for the street dogs. Usually, the ABC team does not pick up dogs which have CD. But at times when initial symptoms are not shown and the dogs are picked together. It results in spreading of the infection and all of them would have contracted the disease. In order for the other dogs in the centre not to carry the infection, we require a dedicated monitoring committee to ensure that the fumigation process is being carried out at all the centres timely," said Harini Raghavan, Citizens for Animal Birth Control.

While the BBMP carries out a programme to give the stray dogs a rabies vaccination, the CDV vaccination is not covered for the street dogs. It is only the pet dogs who can get it when the pet parents follow it up for their pet's regular vaccination.

"Even after the CDV dogs are given treatment, they will still have after-effects such as shedding and others. Since CDV only affects dogs and there is no human danger involved, there is no separate budget for CDV vaccination. But it also stands equally important." added Raghavan.

Most importantly, there is the requirement of a separate dedicated ABC facility to manage CDV dogs in partnership with BBMP, added the animal lovers. " We cannot take CDV-recovered dogs to ABC centres for surgery as there is still a risk for the infection to spread. Hence there is a need to have a dedicated special centre to treat these dogs. There needs to be well trained staff, doctors and the necessary infrastructure and equipment given to run the centre. This will help such dogs at large and we can save their lives. As they won't be picked for rabies vaccination, and by continuing to give birth it is risky for the dog and human. Hence a separate centre can assist to all the problems," added Harini.

> **We cannot take CDV-recovered dogs to ABC centres as there is risk of the infection spreading**
>
> —Harini Raghavan, Citizens for Animal Birth Control.

IN BRIEF

Light rains on the forecast

Bengaluru may receive scattered, very light to moderate rains over the BBMP area on Tuesday, as per the weather report while the maximum and minimum temperatures are likely to be around 28 and 17 degree Celsius respectively. According to the weather bulletin, isolated, scattered very light to moderate rains are likely over Malnad and south interior districts and isolated very light to light rains are likely over north interior districts and dry weather very likely to prevail over coastal districts. One can expect rainfall over Mysuru, Mandya, Chitradurga, Tumakuru, Bengaluru Rural, Bengaluru Urban and Davanagere districts.

Morocco opens consulate in Bengaluru

The Embassy of the Kingdom of Morocco in India on Monday said the consulate in Bengaluru has become operational and has started its services.

It also announced the appointment of Dr Pratap Madhukar Kamath as the Honorary Consul of the Kingdom of Morocco to Karnataka.

The opening of the consulate here with jurisdiction over Karnataka, in addition to those already operational in Mumbai and Kolkata, reflects the importance that the kingdom attaches to the development of its relations with India both at the central and state levels, it said in a statement.

"The choice of Karnataka reflects the importance that the state plays economically in India and also its growing role in many domains of interest," it said. PTI

Retired anganwadi workers cast away

As protest enters 8th day, govt remains unresponsive to anganwadi workers' demand for pension or gratuity

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There are thousands of retired anganwadi teachers and assistants who find it difficult to make ends meet due to lack of financial security such as gratuity or monthly pension across the state. They worked at anganwadi centres for years but retired without any financial security.

"There are around 10,000 retired anganwadi teachers and assistants in the state. On an average, around 1,000 anganwadi teachers and assistants retire from service every year. Some of them have to depend on alms as they do not have any means for survival. Our demand is that the government must give gratuity to all the retired anganwadi teachers and assistants as per the Supreme Court order,'' said Karnataka State Anganwadi Teachers and Assistants Federation general secretary M Jayamma.

She said that the agitation of anganwadi teachers and assistants has entered into its eighth day, but the state government remained adamant. "We have decided to continue our agitation till our demands are met,'' she said.

Anganwadi teachers Sridevi S Chude and Kalavati Kulkarni are among the thousands who have gathered in city to press for their demands

BM had reported on Jan 26 about the dire conditions protesters are facing at Freedom Park

BangaloreMirror
For gratuity, protesting without basic needs
At Freedom Park, protestors don't have access to bathrooms or sleeping facilities

The Supreme Court in a 72-page judgment on April 25, 2022, has said that anganwadi teachers and assistants taking care of the nutrition needs of around 158 million children were entitled to gratuity, a basic social security measure.

Meanwhile, Sandhya Kulkarni, a retired anganwadi teacher, said that she worked at an anganwadi centre in Belagavi for 29 years. "I am 62 years old. My husband died in a road accident 30 years ago. I live in a rented house and have to pay Rs 4,000 per month. I retired two years ago. I am finding it tough to make ends meet. It would be a great help if the state government gives me gratuity or pension,'' said Kulkarni.

Sridevi S Chude, a retired anganwadi teacher from Basavakalyan, said that she has no means for livelihood. "After retirement, I have been working as an accountant for 10 Stree Shakthi Mahila Sanghas. Each of them pays me Rs 100 each. My two sons are working in neighbouring states. I hardly get any financial help from them,'' said Sridevi.

Kalavati Kulkarni, a retired anganwadi teacher from Bidar, is lucky to have two sons who send money every month. "I retired from service three years ago after working for 38 years as anganwadi teacher. I want the state government to give me a gratuity or pension for my service. How long can I depend on my children for survival?'' asks Kalavati.

Unhygienic atmosphere

With more than three associations and organisations on agitation at the Freedom Park, the vacant places around the venue are stinky. There are thousands of people occupying the venue and adjacent roads. With lack of sufficient toilets, some women are compelled to use the vacant spaces around Freedom Park to attend nature's call. Some of the women are seen walking more than half kilometre to utilise the public toilets as there are no sufficient restrooms inside the Freedom Park.

Meanwhile, some anganwadi teachers and assistants were seen busy cutting vegetables. "We are cooking rice and sambar for those who can't afford to have food from nearby hotels,'' said an anganwadi teacher.

Look who's stalking

CONTINUED FROM PAGE 1

But he didn't stop and used to follow me everyday from my school to my home. He even got my number and email from social media and would call me at odd hours every day.

Further on, he started blackmailing me saying that if I don't talk to him, he will come to my home. Initially I didn't inform anyone thinking that this will end soon but when one day he followed me to my father's office I got scared and informed my parents. We have filed a complaint and are waiting for action to be taken," she said.

Mehek is one of the very few people who approached the police and registered a complaint; most of the cases of stalking still go unreported in the city.

"I was being stalked by a boy for months but I didn't go to the police because I don't want to get into any legal trouble. I have changed my number and deactivated my social media because I don't want my parents to find out," said Anjali*, a 13-year-old student.

Police said that most of the cases that are registered for stalking involved teenage boys.

"If someone's stalking you, please dial 112 and the police will arrive on the spot. It takes only 10-15 minutes for the police vehicle to reach and ensure that the person is safe. Then we take the victim and accused to the police station and record statements based on which action is taken. These cases mostly involve young girls who are being stalked," said a police source.

Naganna Gowda, chairperson of Karnataka State Commission for Protection of Child Rights, said that child protection officers have been asked to keep an eye on stalking cases and produce reports.

"If we receive any information about stalking, we send it to our district child protection officer. We have 31 child protection officers in every district across Karnataka. So, we are monitoring everything and keeping an eye on such incidents. If we come across such cases we inform the police for immediate action," he said.

(*names changed)

Fighter jet accident: Pilots witnessed incident; senior officer leading probe

Pilots of a Su-30 MKI fighter aircraft witnessed the accident involving another Su-30MKI and a Mirage-2000 fighter aircraft on Saturday over Morena in Madhya Pradesh.

The incident is now being probed by an Air Commodore-rank officer from the Air Headquarters in Delhi

The accident happened when the Indian Air Force's top gun school Tactics and Air Combat Development Establishment (TACDE) was carrying out a simulated air combat exercise and the aircraft had taken off from Gwalior.

There were three fighters airborne in the area where the accident took place including two Su-30MKIs and one Mirage-2000 fighter flown by Wing Commander Hanumanth Rao Sarathi- known as one of the best fighter pilots in the Mirage-2000 fleet, Defence sources told ANI.

Air Force officers pay last respects to the mortal remains of Wg Cdr Hanumanth Rao Sarathi in Belagavi

When the accident occurred over Morena, the pilots of the other Su-30MKI fighter witnessed the entire incident, they said.

The Air Headquarters is holding the probe into the incident which will bring out the exact details of the accident and the probe is headed by an Air Commodore from the Air Headquarters.

The accident took place when the Indian Air Force pilots were holding a close combat exercise flying at very high speeds. The Mirage and the Su-30MKIs can fly at speeds of more than 2,000 km per hour.

The TACDE is the topmost institute of the Air Force which develops all types of air combat skills in its pilots. The pilots were practicing close combat skills that day which is risky as the pilots fly at very high speeds. The Japanese Air Force also recently appreciated IAF aerial combat skills, the sources said.

Two Indian Air Force (IAF) fighter aircraft crashed in Morena in Madhya Pradesh on Saturday. Wing Commander Sarathi flying the Mirage 2000 aircraft during the exercise lost his life in the crash.

The ace fighter pilot was cremated yesterday in his native place Belagavi in Karnataka. His brother is also an IAF officer and was posted in an Apache helicopter squadron. **ANI**

'Stop fishing in troubled waters'

Activists start online campaign to stop fishing which they claim are affecting migratory birds in city's lakes, campaign has already got 200 signatures

Iffath Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

Spotting different species of birds at the lakes is one of the most beautiful experiences. Many bird watchers come to watch the birds, and photographers come by to take some pictures. However, during the last year, the ornithologists, bird watchers and lake experts saw a reduction in the number of birds at lakes. They say that the main reason could be fishing activity. The citizens have now started an online petition to ban fishing activities in the lakes.

The online petition was started at change.org by Soundararajan Rajagopalan, a member of Doddakalasandra Lake Protection Committee (DLPC) and lake activist. In his petition he stated that due to regular fishing activities, birds' nests are affected and as they are very often disturbed, they tend to avoid coming to the lakes.

He told Bangalore Mirror that during the rainy season sewage mixed rainwater enters all lakes in Bengaluru (no alternative) and it affects fishes and other living creatures.

During fishing the birds' nests are often damaged. They can even get trapped in fishnets

"Even available fish are caught by fish contractors. During fishing, they damage birds' nests and due to that birds avoid lakes. For their easy movement of boats, fishermen remove quality weeds also, which are required for nesting of birds as well as for a good environment," he said.

"Fishermen drive away big birds, which eat big fishes. This year we could not see any migratory birds in lakes. That is why we started the movement of banning fishing in Bengaluru lakes through change.org and already got nearly 200 signatures," he added.

In order to get migratory birds to the Bengaluru lakes, fishing activity should be stopped immediately by the BBMP lake authorities, he further added.

"Moreover, lights in walking tracks in lakes should be switched off by 7 pm to get a comfortable level for birds to settle in their nests. Now lights are on till 10 pm and sometimes overnight also, which badly affects birds settling," he explained.

According to Selvarajan, an environmentalist and founder of Green Circle, a Delhi based NGO, the birds can even get trapped with fishnets causing danger to their lives.

"Unauthorised or permitted fishing results in reduced numbers of fishes needed for survival of birds. We should clearly understand that fishes are important links in the food chain. The ecological balance is maintained because they feed on the excessive planktons found in the lakes and other water bodies," he said.

> **"Fishermen drive away big birds, which eat big fishes. This year we could not see any migratory birds in city's lakes** –Soundararajan Rajagopalan, lake activist

Most of the bigger birds like grey heron, night heron, painted storks or spot billed pelicans rely on small and medium sized fishes. Not much of migratory birds was seen or was seen in reduced numbers this time. Some birders have traced these birds in remote untouched water bodies in suburban areas, he explained.

"All lakes within 15 hectares need to be exempted from providing a fishing license by the fisheries department. The department should encourage BBMP and lake groups to breed native fishes and promote biodiversity and boost ecology," said Raghvendra, another lake activist.

Kailash Kher attacked during Hampi Utsav

The Karnataka police have taken two youths from the audience gallery into custody for throwing water bottles at famous singer Kailash Kher who was performing on stage here.

The two were demanding Kher to sing Kannada songs, police said on Monday. The police are yet to give details of the detained persons.

Police stated that the incident took place during a musical programme at the historical Hampi Utsav on Sunday evening. The youths were demanding Kannada songs from the beginning of the programme and threw bottles on the stage when their demands were not met. The police have taken up further investigations.

The three-day Hampi Utsav is being organised at the World Heritage site Hampi to commemorate the glory of the Vijayanagara Empire that lasted for two centuries. The Hampi Utsav began on January 27.

The Hampi Utsav is being celebrated with much fanfare as it is for the first time that the programme is being held after the formation of Vijayanagara district in the state. The police have beefed up the security at the venues.

Two held for chasing couple

Two bike-borne miscreants, who rammed into a couple's car and chased them for five kilometres, have been arrested, police said here on Monday.

Meanwhile, messages appreciating the couple for showing 'exemplary courage' have been pouring in from all quarters.

"We salute the couple for their courage in exposing them," tweeted Citizens Movement, an east Bengaluru organisation.

The arrested youths have been identified as 24-year-old Dhanush, a fish seller by profession and 20-year-old Rakshit, who was his employee.

> **Two youths have been booked under IPC Sections 384, 504 and 506**

They have been booked under IPC Sections 384 (extortion), 504 (intentional insult to cause breach of peace) and 506 (threatening).

"We got access to one more horrific video from the same incident where the goons jumped on the car after chasing it for five kilometres to the couple's society. If you face any such challenge, reach out to us. We are there for you," read another tweet of the organisation.

Notably, the incident took place early on Sunday when the techie couple - Ankita and Kush Jaiswal was returning home on Sarjapur Road in the limits of Bellandur police station. **IANS**

As election nears, demand for helicopters soars

As Karnataka gears up for the state elections 2023, heli tourism sees a big boost as most of the ministers plan to fly to address multiple election rallies in a day. Many aviation companies that operate choppers say that the demand for helicopters is like never before.

Though the Election Commission of India has not officially announced election dates for Karnataka, it is believed that the elections are likely to be held in April or May this year. As the countdown has begun, the political parties have begun planning their election strategies.

"We have been receiving a lot of requests for chopper services. We are expecting the demand to go up in February and March. As the demand is soaring, we are forced to arrange choppers from other service providers of other states as well," said a head of an aviation company.

The choppers are quite expensive as a few companies charge Rs 3 lakh per hour for a twin engine helicopter. A chopper ride from Bengaluru to Kalburagi may cost anywhere between Rs 8 to Rs 11 lakh and Rs 6.5 lakh to Rs 7.5 lakh for Bengaluru to Mangaluru or Hubballi.

Reacting to the requirement for choppers, a political leader said, "Many of the top leaders are stationed in Bengaluru and are now planning to address multiple rallies or participate in local events. It won't be possible for them to cover the distances if they travel via road."

Meanwhile, political parties are planning ground yatras to woo voters. BJP starts booth abhiyan

Also as the summer kicks in, road journeys can be quite exhausting, especially if someone is travelling to central, north or coastal Karnataka. Hence, the chopper journey not only saves time but also reduces exhaustion. As all the three political parties (BJP, Congress and JDS) are eyeing for a majority, the leaders don't want to leave any stone unturned, he added.

While the demand is soaring for air travel, the political parties are also planning ground yatras to woo the voters. The BJP started booth abhiyan from December 2 last year. The party is appointing local leaders as page pramukhs to target micro level planning. The party had also launched Vijay Sankalpa Abhiyan as well. Congress has also appointed booth level agents. The party is now planning public meets at each assembly segment where top Congress leaders will participate. JDS has already launched the Pancharatna Yatra where HD Kumaraswamy is leading the yatra. **BMB**

Hindenburg report to figure in Budget session

Parliament starts today; Oppn discusses Adani issue, conduct of Governors in some states

The Budget session of Parliament kicks off on Tuesday with opposition parties geared up to target the government on a range of issues including the Adani-Hindenburg row while the Centre asserted it was willing to discuss every matter allowed by rules.

The session will commence with the maiden address of President Droupadi Murmu to the joint sitting of both Houses of Parliament. The address essentially highlights the government's achievements and policy priorities.

The Economic Survey will be also tabled on Tuesday after the President's address.

Defence Minister Rajnath Singh and others during an all-party meeting ahead of the Budget Session of Parliament

On the eve of the Budget session, opposition parties on Monday raised the Adani issue and the conduct of governors in some states ruled by them at an all-party meeting.

With several regional parties signalling their intention to also raise issues relating to unemployment, price rise and the Centre's alleged bias in sharing revenue with states, Parliamentary Affairs Minister Pralhad Joshi said the government has always been positive to discussing every topic but maintained that it should be held under the rules and with the Chair's permission.

"We seek the opposition's cooperation in running Parliament smoothly," Joshi told reporters after the meeting which was attended by 37 leaders, representing 27 parties. Defence Minister Rajnath Singh and Commerce and Industry Minister Piyush Goyal were among others who attended the meeting.

The Budget session will have 27 sittings.

The first part of the session will conclude on February 14. Parliament will reconvene on March 12 for the second part of the session and continue till April 6. The meeting saw Sanjay Singh of the Aam Aadmi Party(AAP), Manoj Jha of the Rashtriya Janata Dal(RJD), and leaders representing other opposition parties like the Shiv Sena faction headed by Uddhav Thackeray, the Bharat Rashtra Samithi(BRS), Dravida Munnetra Kazhagam (DMK) and the Left raising the Adani issue and seeking discussion on it during the session. The BRS and the DMK which govern Telangana and Tamil Nadu respectively raised the issue of conduct of governors in respective states. **-PTI**

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CHANGE OF NAME

I Ishan Thomas Jacob r/o #140/4, near Gear international School Doddakannalli, Bangalore-35 changed my name to Ishaan Jacob Thomas

I, MANOHARA, S/o, Nanjundappa and Residing at No.256, J C extension, Opp to park, Vijayapura, Bengaluru Rural 562135 have changed my name to MANOHARA NANJUNDAPPA vide Affidavit dated 19.01.2023 sworn before notary B V Nagabhushana, B.lore

I Madhu Mukundan S/O, Channapatnam Narasimhachar Mukunda R/o No 59, 16th Cross, 4th Main, Near Rmv Hospital, Aecs Layout 2nd Stage, Sanjaynagar Bengaluru - 560094 have changed my name to Madhu Mukunda for all purposes.

I, SRILAKSHMI D/o. Mari Gowda Kale Gowda, Residing at No.239/3, 2nd Main, 5th Stage, 5th Phase, Kale Gowda Garden, BEML Layout, RR Nagar, Bengaluru-560098 have changed my name to SRILAKSHMI MARI GOWDA vide affidavit dated 23.01.2023 Sworn before notary: K.S.Nataraja, B'luru

I, Abhimanyu D Bhat, R/o No. 225/B, 55th Cross, 3rd Block Rajajinagar, Bangalore-560010 have changed my minor daughter name from Mia Bhat to Sharada Abhimanyu Bhat.

I Farooq S/O, Syed Latheef R/o No 45/1 Anjeneyaswamy Temple Block Sheshadri Road Marappa Garden Benson Town Post Bangalore 560046 have changed my name to Latheef Syed Farooq for all purposes.

I, Mohammed Iliyas Pasha residing at No.42 2nd cross 2nd Block P and T Colony B'lore - 560032 have changed my name to Mohammed Illiyas. I, state that Mohammed Iliyas Pasha and the Mohammed Illiyas is the name of one and the same person and that is myself vide affidavit dated 26.1.2023 sworn before notary B S Padmaprasad Bangalore

I Celeste Sharma W/O, Elmer Beveria R/o No K838 Trinity House Kacharkanahalli Bangalore 560084 have changed my name to Celeste Beveria

I, Paul Ann Christy W/o Vikra Vardhi R/o NO.9, Avvai Nagar, Vyasarpadi, Chennai, Shall Be Know as Ann Christy Vikra Vardhi for all Purpose.

I Vinodha W/O, Channapatnam Narasimhachar Mukunda R/o No 59, 16th Cross, 4th Main, Near Rmv Hospital, Aecs Layout 2nd Stage, Sanjaynagar Bengaluru - 560094 have changed my name to Vinoda Narasimhachar

I, Kishor S/O Manasing born on 06/03/1990, have changed my name to Kishor Rathod vide affidavit dated 30/01/2023 to Kishor Rathod for all purposes

I, CHANDANA KODALAGARA RENUKAIAH, S/o, Renukaiah Kodalagara Basavanna and Residing at Kodalagara Dugudihalli, Po, Chikkanayakanahalli TQ, Tumkur 572214. Karnataka, India, have changed my name to CHANDAN KODALAGARA RENUKAIAH vide Affidavit dated 18.01.2023 sworn before notary B V Nagabhushana, Blr.

I, TANISHA NANDKISHORE MUNDRA, D/o, Nandkishore Mundra residing at No.8074, Prestige Lake Ridge Jayanagar Housing Society, Uttarahalli, Bangalore 560061 have changed my name to TANISHA MUNDRA vide Affidavit dated 18.01.2023 sworn before notary B V Nagabhushana, B.lore.

LOST & FOUND

I, Chandan C S R/a Chandra Layout. I have lost registered sale deed bearing doc no NMGD-1376 belongs to Padma w/o Nagaraju on 29-01-23 at Nagarbhavi bus stop. If anybody found please handover to the nearest Police station or contact 6364716505

I NIRIKSHA J, have lost my Original 10th std Marksheet Certificate of batch 2015-2016 Year. Roll no. 4050201 CBSE Board. If Found Please Contact: 7019378362.

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LIC is reviewing Adani group's response

Life Insurance Corporation (LIC) said on Monday it was reviewing the Adani Group's response to scathing criticism by a US short-seller and would hold talks with the group's management within days.

Shares of companies in the group, led by Asia's richest person Gautam Adani, have lost about $66 billion since Hindenburg Research flagged concerns early last week about the business house's debt levels and the use of tax havens. Adani says it complies with all local laws and has made the necessary regulatory disclosures.

"Presently there is a situation that's emerging and we are not sure what is the factual position ... Since we are a large investor we have the right to ask relevant questions and we will definitely engage with them," LIC Managing Director Raj Kumar told Reuters. State-run LIC, the country's largest insurer, says it has invested 364.7 billion rupees ($4.47 billion) in Adani companies, about 1% of its assets under management.

"Of course we are studying the 413-page reply given by Adani Group," Kumar said. "We will also see if the concerns are addressed - if we believe the concerns are not addressed we will seek further clarification from them." LIC owned a 4.23% stake in the flagship Adani Enterprises as of end-December, over 9% in Adani Ports and Special Economic Zone, nearly 6% in Adani Total Gas and 3.65% in Adani Transmission, according to data from the Bombay Stock Exchange. **Reuters**

46 killed in attack at Pak mosque

A Taliban suicide bomber blew himself up in a mosque packed with worshippers during afternoon prayers on Monday in the high-security zone in Pakistan's restive northwestern Peshawar city, killing at least 46 people and wounding more than 150 others, mostly policemen, officials said.

The powerful blast occurred inside the mosque in the Police Lines area around 1.40 pm when worshippers, which included personnel of the police, army and bomb disposal squad - were offering the Zuhr (afternoon) prayers.

WORLD

The bomber who was present in the front row blew himself up, causing the roof to collapse on the worshippers, officials said.

Lady Reading Hospital officials said 46 people have died and 157 others injured. There were mostly policemen and security officials among the dead and injured. The Tehreek-e-Taliban Pakistan (TTP), known as the Pakistani Taliban, claimed responsibility for the suicide attack, saying it was part of a revenge attack for slain TTP commander Umar Khalid Khurasani who was killed in Afghanistan in August last.

The outlawed TTP has carried out a number of suicide attacks in the past, targeting security personnel. **PTI**

HEALTH TIP: Older women who eat more cruciferous green vegetables, such as broccoli and cabbage, have less severe blood vessel damage

Dates contain calcium, magnesium, potassium, iron, and other nutrients that can enhance your health

BangaloreMirror 9
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MOVE IT

Children and teens aren't doing enough physical activity - study sounds a health warning

Physical inactivity is the fourth leading cause of death worldwide. It's also associated with chronic illness and disability.

Recent research estimates that the world could see close to half a billion new cases of major chronic diseases by 2030 if people don't get more active.

Regular physical activity helps to prevent and manage many chronic diseases. Popular ways to be physically active include walking, cycling, and playing sports.

The World Health Organisation (WHO) recommends that children and adolescents (5-17 years old) get an average of at least 60 minutes per day of moderate to vigorous intensity physical activity.

This should incorporate vigorous aerobic activities, as well as those that strengthen muscle and bone, at least three days a week. It's also recommended that children spend no more than two hours a day on recreational screen time.

These recommendations aim to improve children's physical and mental health, as well as cognitive outcomes.

Before the covid-19 pandemic, physical activity among children and adolescents was already below the recommended levels. In 2016, 81 per cent of adolescents around the world aged 11-17 were considered physically inactive. Girls were less active than boys.

The pandemic has made matters worse. Physical inactivity in children and adolescents has become a public health priority. It is now included in global action plans.

For example, using 2016 as baseline, the WHO through its Global Action Plan on Physical Activity targeted a 15 percentage point reduction in physical inactivity among adolescents by 2030.

This call to action also implored other international organisations and governments to help track progress in physical activity promotion among children and adolescents.

In response to this global physical inactivity crisis, the international call to action, and the need to systematically collect comparable data, the Active Healthy Kids Global Alliance recently published a major study, the first to provide a comprehensive assessment of physical activity among children and adolescents.

Published in October 2022, the study included data that were collected before and during the covid-19 pandemic. We were among the 682 experts who assessed 10 common physical activity indicators for children and adolescents around the world.

Our study shows physical activity among children and adolescents has not gotten better. About one-third of children and adolescents globally were sufficiently physically active while a little over one-third met the recreational screen time recommendation for better health and well being.

These findings indicate that a significant proportion of children and adolescent who do not meet recommended physical activity guidelines are at an increased risk of negative outcomes as well as developing related chronic diseases at a much earlier age.

Covid effect

Most of the experts involved in our study agree that the childhood physical inactivity crisis is an ongoing public health challenge and the covid-19 pandemic appears to have made it worse.

When surveyed, more than 90 per cent of the experts reported that covid-19 had a negative impact on children's sedentary behaviours, organised sport and physical activity. Our findings are supported by numerous studies.

Lockdowns imposed at the height of the covid-19 pandemic led to school shutdowns and closures of public parks, which hampered children's levels of physical activity.

Research suggests that children's moderate-to-vigorous physical activity decreased by 17 minutes per day during the pandemic. That represents a reduction of almost one-third of the recommended daily activity. Another global study representing 187 countries showed a collective 27.3 per cent decrease in the daily step counts of individuals after 30 days of covid-19 related restrictions.

"The WHO recommends that kids and adolescents (5-17 years old) get an average of at least 60 minutes per day of moderate to vigorous physical activity

Our study

Four African countries participated in our study –Botswana, Ethiopia, South Africa and Zimbabwe.

The grading ranged from as high as A+ (large majority, 94-100 per cent of children and adolescents achieving recommended levels) to as low as F (less than 20 per cent achieving recommended levels).

Children and adolescents from the four African countries were marginally more physically active than children from the rest of the world. An important success story from this global comparison of grades is that despite the lack of infrastructure, average grades for individual behaviours were generally better for the African countries.

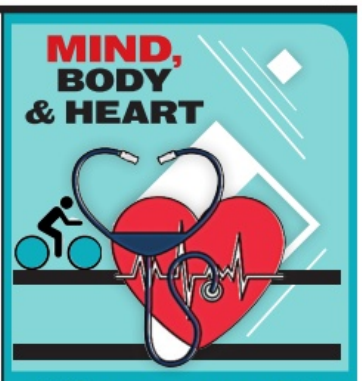
This could be reflecting necessity, rather than choice. For example, children might be forced to walk to school because there's no affordable transport. Nonetheless it shows that it is still possible to promote healthy lifestyles even when resources are limited. Factors such as having supportive family and friends, safer communities, positive school environments and adequate resources are often associated with better participation in physical activity. Average grades for these sources of influence were generally lower for the four African countries than those of the rest of the world.

These findings demonstrate the challenges related to community safety, a general lack of infrastructure, and funding to support healthy behaviours for children and adolescents in African countries.

Overall, there wasn't enough data to accurately grade all the indicators for the African countries.

Lack of representative data is a common and often recurring problem in many low- and middle-income countries. It also means that our findings must be interpreted with caution.

(Taru Manyanga, University of Northern British Columbia, Chalchisa Abdeta, University of Wollongong, Dawn Tladi, University of Botswana, and Rowena Naidoo, University of KwaZulu-Natal, The Conversation)



All you need to know about...

Age spots

What are they?
Age spots are small, flat brown marks of various size on the skin. They usually appear on areas exposed to the sun, such as the face, back of your hands, shoulders and arms.

What do they look like? They're flat, oval areas of increased pigmentation, usually tan to dark brown. They deepen in colour when exposed to the sun. Their size ranges from a freckle to about half an inch (13mm).

What causes them?
Age spots are caused by overactive pigment cells, melanophores. Ultraviolet (UV) light speeds up the production of melanin, the natural pigment that gives skin its colour.

What's the treatment?
Medications: Applying prescription bleaching creams (hydroquinone) alone or with retinoids (tretinoin) and a mild steroid may fade the spots over time.

Laser and intense pulsed light: These therapies destroy the melanin-producing cells without damaging the skin's surface.

These approaches require two to three sessions.

Freezing: Apply liquid nitrogen to the spot for five seconds or less and destroys the extra pigment.

Dermabrasion: It sands down the surface of skin allowing new skin to grow in its place. It might take several months for pinkness to fade.

Microdermabrasion: It's a less aggressive approach than dermabrasion, leaving mild skin blemishes with a smoother appearance. You'll need a series of procedures over months to get modest, temporary results.

Chemical peel: This method applies a solution to the skin to remove the top layers. New, smoother skin then forms to take its place.

You may need several treatments to see results. After the treatment, when you are outdoors, you'll need to use a broad-spectrum sunscreen with a SPF of at least 30, and wear protective clothing so you don't burn.

—Dr Miriam Stoppard, Daily Mirror

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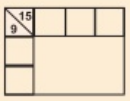
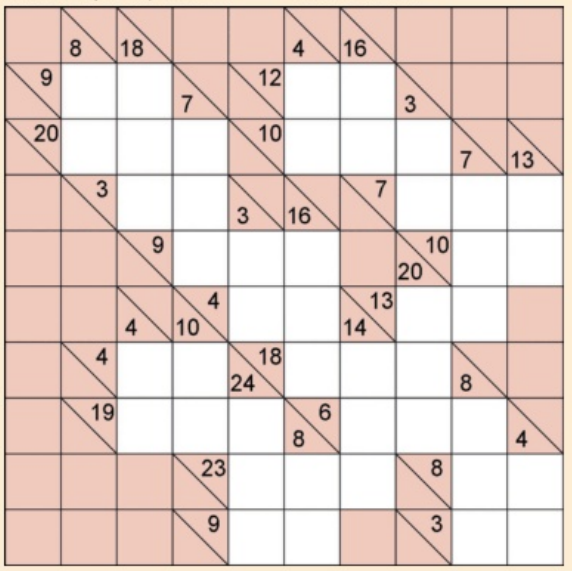
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

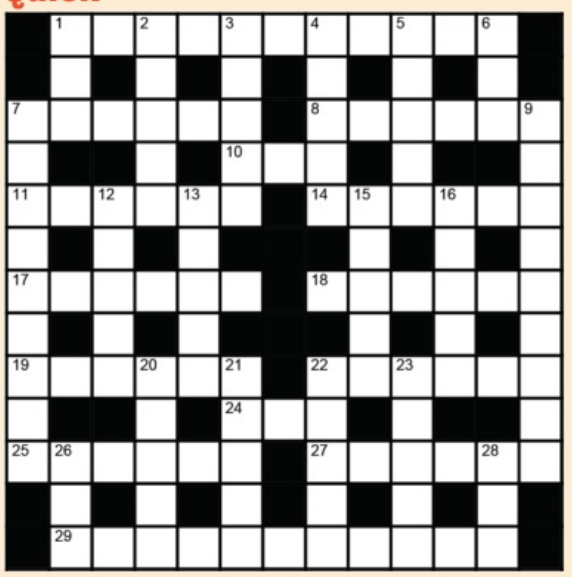


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Not realised (11)
7 Daughter of Herodias famous for her dancing skills and beauty (6)
8 Giant grass (6)
10 Black bird (3)
11 Concealed, veiled or disguised (6)
14 Tried out (6)
17 Save from danger (6)
18 Japanese plant growing art (6)
19 Dormant; not awake (6)
22 Sesame paste (6)
24 Feel remorse for (3)
25 Quentin Tarantino's ___ Unchained (6)
27 It enrages bulls (3,3)
29 Crassly (11)

DOWN

1 Thurman of Kill Bill (3)
2 Small stream (5)
3 Work on dough (5)
4 Planet's path (5)
5 Designations (5)
6 Additionally (3)
7 The place for Afghani food at Infantry Road (9)
9 Investing in holy order (9)
12 Rope-making fibre (5)
13 Escape by artifice (5)
15 Deadly African disease (5)
16 Famous Italian song writer and composer–"to sit" anagram? (5)
20 Sneer anagram for sea-eagles (5)
21 Establish the truth or validity of (5)
22 Brief or concise (5)
23 Hell (5)
26 Tiny amount (3)
28 Some-no matter which (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS G

OZV FVVWVIO OZCUS CU XUJ KUV CI OZV NKUDCNOCKU KH OZV GXF PYNR OZXO HKPPKBI GKXIOCUS.

Linemaro

You know what I am thankful for?
Having met you

Mindchow

Do not seek to follow in the footsteps of the men of old; seek what they sought

Joke of the day

If time doesn't wait for you, don't worry. Just remove the damn battery from the clock and enjoy life

Loop

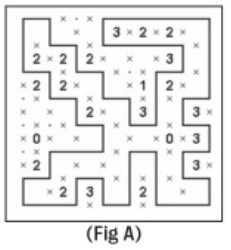
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

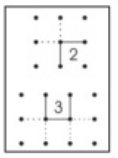
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

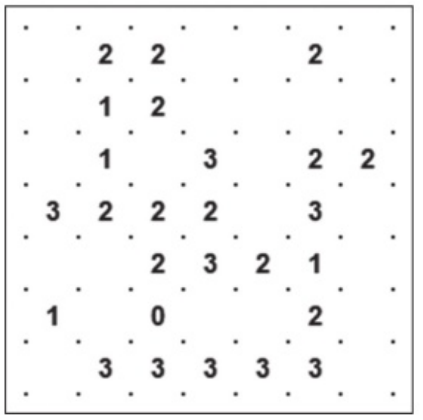
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



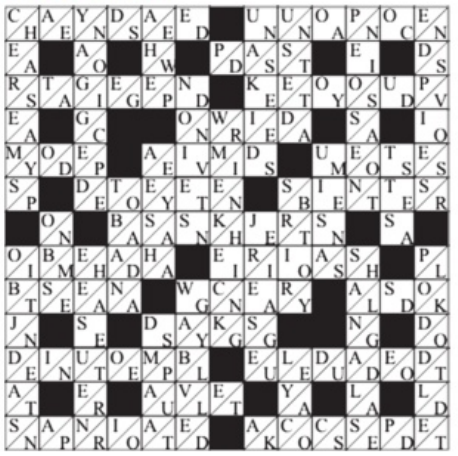
(Fig A)



(Fig B) Not Allowed



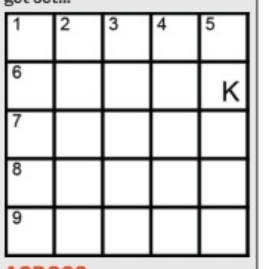
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

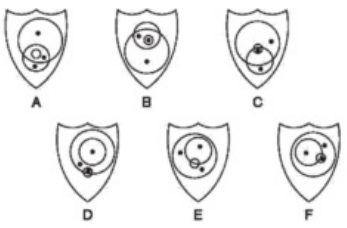
1 Mands; 6 OK OBE (1–4);
7 Annam; 8 To tec;
9 Baths

DOWN

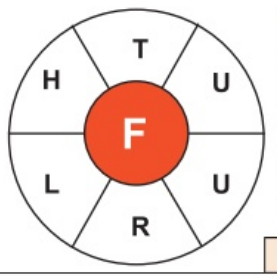
1 Be mod; 2 Caaba;
3 Not MH; 4 Tenon;
5 Tasks

Mensapuzzle

The contents of which shield below are most like the contents of the shield above?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; **02** Good; **03** Outstanding

SudokuChallenge

1								4
	9			3			1	
3		4	2		6	9		8
			1		2			
	2	7	5		3	8	9	
			6		9			
5		1	4		7	6		9
	4			5			7	
7								3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 8
1 4 5 6

Medium = 29
1 4 6 6

Hard = 9
2 9 9 6

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Tray is longer. 2. Cup handle is missing. 3. Slipper is moved. 4. Apron bow is different. 5. Straw is different. 6. Light on headboard is different.

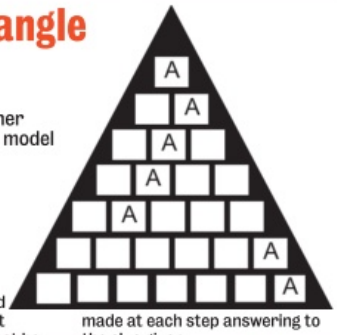
Riddler

On the island of Alopecia, the following facts are true:
1. No two islanders have exactly the same number of hairs.
2. No islander has precisely 450 hairs.
3. There are more islanders than there are hairs on the head of any one islander.

What is the largest possible number of islanders on Alopecia?

Alpha triangle

1 First letter
2 Scale member
3 Race part
4 Jack & Jill container
5 Discontinued Fiat model
6 Adipose tumour
7 Certificate



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

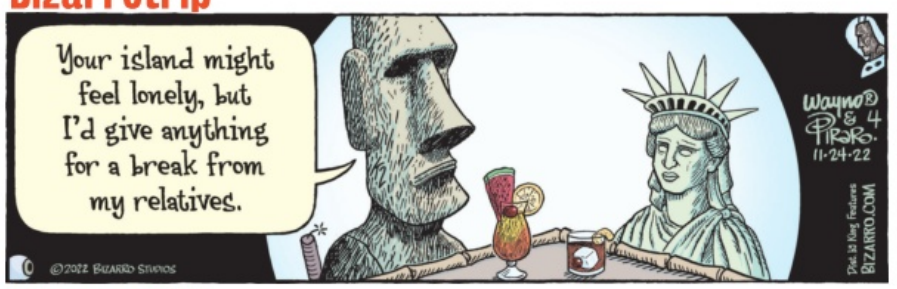
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

I'VE GOT THIS BUZZING IN MY EARS, AND IT FEELS LIKE THERE ARE BUTTERFLIES IN MY STOMACH
TAKE THIS TWICE A DAY
11-14
WHAT IS IT ?
INSECT REPELLENT

Bizarrotrip


Your island might feel lonely, but I'd give anything for a break from my relatives.
Wayno & Piraro 11-24-22
©2022 Bizarro Studios
Dist. by King Features BIZARRO.COM

Diamond Lil

And now, a post-meal message from your Thanksgiving turkey:
©2022 creators.com 11/24
YOU ARE GETTING SLEEEEE-PY
This has been a post-meal message from your Thanksgiving turkey.
www.creators.com

Hart of the city

DAD, WANNA SEE A MAGIC TRICK?
SURE!
FWOOSH!!
WOW, THAT'S INCREDIBLE! CAN YOU DO IT WITH A TWENTY?
SURE! THAT'LL BE TWENTY DOLLARS, PLEASE!

Crankshaft

I JUST BOUGHT A THANKSGIVING MIRACLE TURKEY FROM A WESTIEW BAND STUDENT!
NOW ALL WE NEED IS FOR THE STOVE TO BE FIXED FOR THANKSGIVING.
ACTUALLY, WHAT WE NEED IS FOR THE STOVE REPAIR GUY TO GET HERE BEFORE THANKSGIVING!
tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may plan to renovate your house. You may buy some artifacts or creative stuff, which will improve your social status. You may also invest in properties and other assets. You are likely to enjoy your romantic moments with your spouse, which will increase your emotional relationship with them. Singles may find a soulmate.

Taurus Apr 21 – May 20
Today you may feel happy. Chronic health issues related to family members cannot be cured. Money that was stuck, may be recovered now, which may increase liquidity in the business. People who are in a job may get some incentives, which will improve your financial health. Job seekers may get a job with the help of any relative or friend's reference.

Gemini May 21 – Jun 21
Today is important for domestic life. You may be busy with kids. You may hear some good news in terms of kids' education. You may buy some creative stuff for home or office to maintain your social status. You are advised to use wisdom while buying any household stuff or jewellery .

Cancer Jun 22 – July 23
Today you may be impatient, which may reflect into your way of working. There may be some silly mistakes, which may stop you from completing your task. Investments in fixed assets are advised to postpone for some days. But with the help of an elder's blessings, you may overcome the messy situation. In the evening, you may be focused towards your work.

Leo Jul 24 – Aug 23
Today you are blessed by the moon, your destiny is likely to be with you. Today you may be more energetic and focused on your work. Your hard work may pay you in terms of success. Your subordinates may help you. You are likely to go for short work related travel. Some good news may come from your sibling. You may plan to renovate your house or office where your creativity will be tested.

Virgo Aug 24 – Sep 23
Today you may be able to control your expenditure on worthless things, which may increase your savings. You may be more creative today, you may use your creativity in your office or at home, which may enhance your social status. Love birds are likely to get some support from their family members and friends for marriage.

Libra Sep 24 – Oct 22
Today messy situations are now under control, you may feel peace in the mind. You may be able to make a proper balance in expenditure and earnings, which may increase savings. You are advised to avoid too much travelling or overworking, it may affect your health. Students can start planning for their higher studies. Love birds may enjoy their happy moments.

Scorpio Oct 23 – Nov 22
Today you may face health issues, which may make you impatient. You are advised to control your short temper. You may spend your hard earned money buying worthless stuff, it may affect your savings. Love birds are advised to avoid discussions on worthless topics, otherwise there might be some break up.

Sagittarius Nov 23 – Dec 22
Today you may meet some influential person, who may help you in the progress of your work. Your network will be strong with the help of that person. You may prepare yourself to implement new ideas into your work or business. You will plan to invest more capital into your business, which may give you financial gains in the near future.

Capricorn Dec 23 – Jan 20
Today your mothers' health may be good. You may enjoy your work, you may get rewards after your hard work. Your social respect may be increased now. Overworking your mind may make you tired; due to workload, you may not be able to reach some family event.

Aquarius Jan 21 – Feb 19
Today you may be satisfied at work. You may plan for a short work related trip. You may also visit some religious places to maintain your inner peace. Your gurus may show you the right path, which may give you clarity regarding your goals.

Pisces Feb 20 – Mar 20
Today you may feel dull; it is advised to keep your mind cool, it's a golden rule for you to think twice before doing anything. You may travel to recover your money, otherwise you may lose it. You are also advised to avoid going for adventure tours. Students are advised to go for in depth study to get success.

KIDZONE

Tulasi AH, 5 years, Vidya Vardhaka School

Kaveri Sriram, 8 years, Vallistus International School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER The answer is 450. Assuming that one island is completely bald, there are 450 variants between 0 and 449 hairs; but, since we know that no islander has 450 hairs, from 451 hairs onwards the number of variants is the same as the maximum number of hairs, which means that the third fact stated in the question would not hold good for any number of inhabitants higher than 450.

SOLVE IN 1M
5-[4- (3-(-6))] =
5-[4- (3 + 6)] =
5-[4 - (9)] =
5-[-5] =
5 + 5 = 10

FAST FIVE

B	A	H	T	S
O	C	T	E	T
M	A	N	N	A
E	B	O	O	K
D	A	M	N	S

STRIKE OUT

H	A	N	D	E	D	N	U	A	N	C
A	O	W	P	A	S	I	S			E
R	A	G	G	E	D	K	E	Y	S	U
E	G		O	W	E	D	S		I	P
M	O	E	A	V	I	D	M	E	T	E
S	P	R	I	T	E	A	C	E	D	
T	E	U	L	T	A	L		L		
E	N	T	O	M	B	E	L	U	D	E
J	S	S	A	G	S	N		O		D
B	E	A	N		G	N	A	R	A	D
O	B	A	S	K	E	T	S		A	
S	D	O	Y	E	N	S	I	N	E	S
M	O	E	A	V	I	D	M	E	T	E
R	A	G	G	E	D	K	E	Y	S	U
S	A	L	O	M	E	B	A	M	B	O
	M	R	N	R	A	O				
U	N	B	E	K	N	O	W	N	S	T

QUICK

T	A	S	T	E	L	E	S	S	L	Y
O		E	V		S	E		N		
D	J	A	N	G	O	R	E	D	R	A
N		R		R	U	E	S			N
A	S	L	E	E	P		T	A	H	I
K		A	D			L	T			N
R	E	S	C	U	E	B	O	N	S	A
A	I		L		B	O				A
M	A	S	K	E	D	T	E	S	T	E
	A	O		N	I		E			R
S	A	L	O	M	E	B	A	M	B	O
	M	R	N	R	A	O				
U	N	B	E	K	N	O	W	N	S	T

MENSA PUZZLE
8: it contains one dot in one circle, one dot in two circles and one dot in three circles.

BULL'S EYE
furl, HURTFUL, turf

QUOTE UNCODE
The deepest thing in any one is the conviction of the bad luck that follows boasting.

SUDOKU

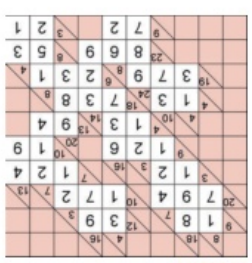
7	8	2	9	6	1	5	4	3
9	4	6	3	5	8	1	7	2
5	3	1	4	2	7	6	8	9
8	1	3	6	7	9	4	2	5
6	2	7	5	4	3	8	9	1
4	5	9	1	8	2	3	6	7
3	7	4	2	1	6	9	5	8
2	9	5	8	3	4	7	1	6
1	6	8	7	9	5	2	3	4

ALPHA TRIANGLE
A, La, Lap, Pall, Pallo, Lipoma, Diploma.

LOOP

GO FIGURE
Easy
6 - 4 + 5 + 1 = 8
Medium
6 x 4 - 1 + 6 = 29
Hard
9 - 6 - 2 x 9 = 9

KAKURO



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Julia, Jennifer Aniston in body-swap comedy — Amazon Studios has won an auction to stream the Julia Roberts and Jennifer Aniston comedy movie, reported Deadline. The untitled body swap comedy will be directed by Max Barbakow

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Entertainment Industry Promotion

Detective Bebo

Actress talks about new character inspired by Kate Winslet's 'Mare of Easttown'

Bollywood diva Kareena Kapoor Khan is marking a new phase in her glittering career with a brace of films that she terms as "shockingly different." She shared that her character in the upcoming Hansal Mehta film was inspired in part by Hollywood star Kate Winslet's role in 'Mare of Easttown'.

She has wrapped a project that was shot in the UK under the working title 'The Buckingham Murders', directed by Hansal Mehta, reports Variety.

The diva essays a detective and mother who investigates a murder in a town in Buckinghamshire.

"I love 'Mare of Easttown' and when Hansal came to me, I said this is something that I've really been dying to do. So we've molded a little bit on those lines, she plays a detective cop in that," she told Variety.

"It's the first time that I've dabbled in that." "I speak fluently in Hindi and I think also in Hindi because that's been what I've been doing all my life," Kapoor Khan said. "When you're thinking in Hindi, but speaking in English, it was actually a difficult task to do because it was the reverse situation for the first time."

The project, produced by Ektaa Kapoor's Balaji Telefilms and Mahana Film also marks Kareena's debut as a producer.

"I never really thought that I would be a producer. But when I heard this subject, and the fact that it's very different to a regular Hindi movie, it's a very different take to things. So I thought that will be really nice and different," Kapoor said.

"And when Ektaa and Hansal told me that 'since you love the script so much, why don't you come on board as a creative producer as well, and take some calls as to what you think also and give your name to it' - after much thought, I thought that if I love something so much, and this is a character that I wanted to play, I think it's fun to do it. It's the first time. I don't know if I'll repeatedly do it. But let's see."

Kareena has also wrapped up the Indian adaptation of Japanese author Higashino Keigo's bestselling 2005 novel 'The Devotion of Suspect X' by filmmaker Sujoy Ghosh.

The actor tags it as "dramatically different" from the Mehta project and as "dark and fun." —IANS

"When Hansal came to me, I said this is something that I've really been dying to do

Pooja's note to brother, wife

Pooja Hegde's brother Rishabh Hegde has tied the knot with his girlfriend Shivani Shetty over the weekend and the actress penned a heartfelt note to wish the couple as they embark on their new journey.

The actress took to Instagram to share glimpses of the wedding and welcomed Shivani into the family. "My brother got married to the love of his life! What a rollercoaster of a week it was! I have cried happy tears and laughed like a child. Anna, as you step into the next phase in your life, i hope you LOVE uncontrollably, GIVE with all your heart and find PEACE and understanding in each others presence. @shivanis09, you beautiful stunning bride, welcome to the family," she wrote.

In the pictures, Pooja was seen in a silk sari with her hair tied in a bun. The groom opted for a white sherwani while the bride looked stunning in a silk sari. Pooja along with her family members also posed together for a happy picture. —ETimes

Pathaan team is all love

Shah Rukh Khan has thanked, without naming anyone, "all those" whom he had "made calls to", for enabling "Pathaan" "to be watched by people with love".

He said this at a nationally televised interaction with the media and fans at a five-star hotel in Mumbai. Journalists were not allowed to pose questions at the event organised by Yash Raj Films on Monday.

Declaring that the film was an "experience of love", he said: "It was a fun film for fun people. And they were able to come out and watch it with love." In a message no doubt directed at the 'Boycott Bollywood' brigade, he said: "People should enjoy films with love. A film is more than an empty pack of popcorn."

In a nod to the film's mega box-office success and the hordes of fans who showed up to cheer him outside his residence, Mannat, in Mumbai, SRK said: "The love for the film hasn't sunk in yet. Thank you for bringing life back to cinema."

Seen with him on the stage were his co-stars, Deepika Padukone and John Abraham, and the film's director, Siddharth Anand. SRK greeted each of them with a line from a song, showing to the world that he can also croon for his supper.

Deepika, who teared up on stage, said "Pathaan" was a film "made with a lot of love and with the right intentions". She thanked SRK for enabling her big break in Bollywood by showering her with "love and grace".

John Abraham gave his on-screen opponent the biggest applause when he said SRK is the "No. 1 action hero in the country".

He also thanked the entire crew of the film, especially the music composers Vishal-Shekhar. —IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Shoot's done

Director Jayathirtha is happy at the successful wrapping up of shooting of his latest movie Kaiva. Jayathirtha's previous movie Banaras was released in November 2022 in five languages - Kannada, Hindi, Tamil, Telugu, and Malayalam. The cast and crew of Kaiva finished the shoot at Kanteerava Studios in Bengaluru recently. A portion of this movie's shooting was also held in and around Thigalarapete.

"Kaiva is a love story based on an incident that took place in Bengaluru in 1983. Though there was not much delay in the shooting, heavy rains and promotional activities of Banaras impacted Kaiva's schedule to some extent. Now, I am content about the completion of this movie," said Jayathirtha.

The muhurat function of Kaiva was held on April 2, 2022.

Heart-racing story

Bharath Vishnukanth, the son of director-cum-producer Vishnukanth, debuts as a producer and director with the movie Racer. Its muhurat function was held in Bengaluru recently. The shooting of this movie is in progress at Hennur.

"I am basically a racer. I wrote the script for this movie based on some incidents that took place at a motorcycle garage at Vijayanagar a few years ago. Khalim, who owns the garage, is my trainer in racing. Earlier the garage was at Vijayanagar. Now, Khalim has shifted it to Hennur," said Bharath Vishnukanth.

The director said that he selected Sandesh Prasanna, an international racer from Bengaluru, to play the lead in the movie. "I preferred Sandesh to play the lead as he is basically a racer and the movie is about a racer. We are planning to shoot a portion of the movie in Buddh International Circuit near Greater Noida. Our movie will be the first one to be shot there," said the director.

He said he wanted to showcase politics, unhealthy competition among the garages and the problems racers face.